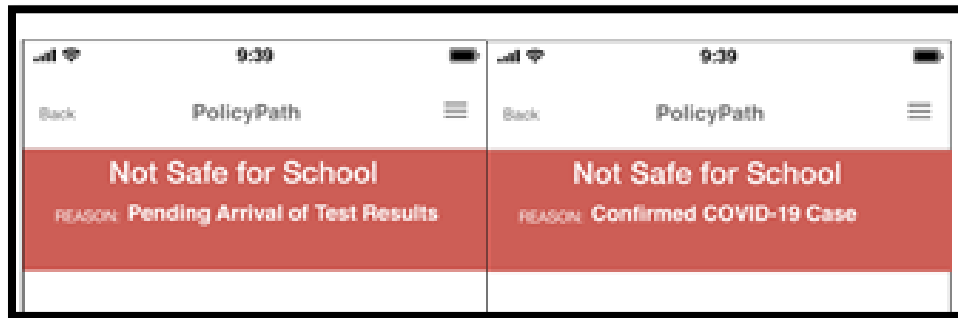


Back to School App: How to Get Cleared for School



This document gives you the instructions about what to do when you are “**Not Safe for School**”.

- **Feeling mildly ill?** Quarantine to your room. You are limited to your room and the bathroom. When you must leave, sanitize your hands. [Request meal support from friends or through your dean](#). You must always maintain 6-foot distancing from others. Please reference the [COVID 19 How to Take Care of Yourself if you are Sick](#) for recommendations for self-care.
- Students who are symptomatic should plan to remain in room quarantine until they have had a negative COVID-19 viral test at the Center for Health and Wellness (CHW), or have been cleared by a CHW nurse or nurse practitioner.
- **Contact the CHW nurse line at 802-443-3290 to review your symptoms and to schedule a COVID-19 test. Testing will be ordered for symptoms consistent with COVID-19.**
- Testing occurs on Mondays and Thursdays, with results sent by email to the student typically in 24-36 hours.
- Remain in quarantine. Each day you will complete the Daily Symptom Assessment in your [student health portal](#). The health care staff will use this for daily monitoring of your symptoms. ZOOM or in person appointments may result, based on your symptoms.
- **Test results expected:** within 24-36 hours. A nurse will contact you with next steps.
- **If your test is positive:** you will then be supported in a move to an isolation room on campus.

Definitions:

Quarantine: “is used to keep someone who *might* have been exposed to COVID-19 away from others” (CDC, 2020).

- You might be in quarantine if you are feeling unwell or awaiting a test result.
- Click here for more information about being in quarantine such as specifics details about what to bring, how to access transportation, choose your meals and more.
- While in quarantine you need to continue completing the daily Back to School app questions **AND** the Daily Symptom Assessment form on your patient portal (due at 10AM each day.)

Isolation: “Is used to separate people infected with COVID-19 from people are not infected” (CDC, 2020).

- You are in isolation when you test positive for COVID-19.
- Click here for more information about being in isolation.
- While in isolation you need to continue completing the daily Back to School app **AND** the Daily Symptom Assessment form on your patient portal (due at 10AM each day.)